4

Neue. 1623.

A new Almanacke and Prognostication, with the Forraigne Computation, serving for the yeare of our Lord and Saviour Iesus Christ, 1623.

Being the third yeare after the Bissextile or Leape-yeare.

Rectified for the elevation of the Pole Article, and Meridian of the famous Towne of great *Yarmouth* in *Norfolke*, and may serue generally for the most part of Great Britaine.

Practised, penned and published by *Ieffery Neue, Gent.*

LONDON:
Printed for the Company of *Stationers.*

The Contents of this double Kalender for the yeare of our Lord God, 1623. which is the third yeare after the Bissextile or Leape-yeare, according to the Accompt & Computation of the Church of England.

The Prime or Golden number.	9
The Circle of the Sunne.	8
The Epact.	6
The Dominicall Letter.	E
The Roman Indiction.	6
The space betweene Christmas and Shroue sunday, is 8. weekes and 4. dayes.	
Shroue sunday.	Feb. 23
Easter day.	Aprill 13
Ascention day.	May 22
Whitsunday.	June 1
Aduent sunday.	November. 30
Betweene Trinity and Aduent, are sundayes 24.	
Betweene Easter and Ascention, are 5. weeks, & 3. dayes.	
Betwen Whitsunday & Midsomer, is 3. weeks, & 1. day.	
Betwen Midsommer & Barthol. is 8. weeks & 4. dayes.	
Betwen Barthol. & All Saints, is 9. weeks & 3. dayes.	

The Forraigne Computation.

The Prime or Golden number.	9
The Circle of the Sunne.	8
The Epact.	29
The Dominicall Letter.	A
The Roman Indiction.	6
Shroue sunday.	Febr. 26
Easter day.	Aprill 16
Ascention day.	May 25
Whitsunday.	June 4
Aduent sunday.	Decemb. 3
The space betwen Christm. & Shroue sund. is 9. weeks	

A briefe and necessary Computation of yeares.

FRom the Creation of the world vntill this present yeare of our Lord God, 1623.	5593
From the Creation vntill to the Floud.	1656
From the Floud to Christ.	2306
From Moses to Christ	1314
Since the promised séede of Abraham.	5569
Since the Israelites departed out of Ægypt.	3139
Since the destruction of Troy.	2805
Since Brute entred this Iland.	2730
Since the building of the Temple of Salomon.	2659
Since the building of the Citie of Rome.	2374
Since Nabuchadonozer the King.	2371
Since Alexander the great dyed.	1947
Since Iulius Cæsar slaine with bodkins.	1672
Since the happy birth of our Sauiour Christ.	1623
Since Ierusalem destroyed by Titus Vespatian.	1550
Since England receiued the Christian Faith.	1443
Since the Danes entred England.	605
Since the Conquest of England.	556
Since the Icience of Printing was inuented.	163
Since King Henry the 8. wonne Bulloigne.	79
Since Kets rebellion at Norwich.	74
Since the Infectious sweating sicknesse.	66
Since S. Paules Stéeple fired by lightening.	62
Since the great Plague at Newhauen.	60
Since the Eares Rebellion in the North.	54
Since the blazing Starre, and frosty Winter.	51
Since the fiery Apparition in the heauens.	49
Since the déepe Snow.	43
Since the generall Earth-quake in England.	42
Since the Campe at Tilbury in Essex.	34
Since the last Earth-quake in England.	21
Our Kings Maeisties Raigne, whom the King of heauen graunt long and prosperously to Raigne ouer vs. Amen.	21

The Anathomie of mans body, as the parts thereof are gouerned by the twelue Cœleſtiall Signes.

Aries **head and face.**

Taurus **neck & throat.**

Cancer **breaſt & ſtomach**

Virgo **bowels & belly.**

Scorpio **ſecret members.**

Capricornus **knées.**

Gemini **armes & ſhoulders.**

Leo **heart & backe**

Libra **reins & loynes.**

Sagitarius **the thighs.**

Aquarius **the legges.**

Pisces **the feete.**

Now if your body in health you'l keepe,
Warme meates for it is very meete:
Fly phyſicke, ſloath, and venery,
Auoyd all Baths moſt carefully.

i	a	New yeare.	Taur.	22	11	d
ii	b	Oct. Steph.	Gemi.	4	12	e
iii	c	Oct. Iohn.	Gemi.	17	13	f
iiii	d	Oct. Innoc.	Gemi.	29	14	g
v	e	Edward dep.	Canc.	11	15	A
vi	f	Circumcis.	Canc.	23	16	b
vii	g	Mid. come in.	Leo.	6	17	c
viii	a	Lucian priest.	Leo.	19	18	d
ix	b	Epiph.	Virgo.	2	19	e
x	c	Solin Aquar.	Virgo.	16	20	f
xi	d	Linus mart.	Virgo.	29	21	g
xii	e	1. ſun. aft. Ep.	Libra.	14	22	A
xiii	f	Hillarie bish.	Libra	28	23	b
xiiii	g	Felicia priest.	Scorp.	12	24	c
xv	a	Maurice abb.	Scor.	27	25	d
xvi	b	Marcellus.	Sagit.	12	26	e
xvii	c	Anthony dep.	Sagit.	26	27	f
xviii	d	Prisca. virg.	Capri.	10	28	g
xix	e	2. ſun. af. Ep.	Capri.	24	29	A
xx	f	Fab. & Seb.	Aquar.	7	30	b
xxi	g	Agnes. virg.	Aquar.	21	31	c
xxii	a	Vincent.	Pisces.	4	1	d
xxiii	b	Cesarius epis.	Pisces.	16	2	e
xxiiii	c	Timothy.	Pisce.	29	3	f
xxv	d	Con. of Paul.	Aries.	11	4	g
xxvi	e	3. ſun. aft. Ep.	Aries.	24	5	A
xxvii	f	Iulian.	Taur.	6	6	b
xxviii	g	Tho. Aqui.	Taur.	18	7	c
xxix	a	Theodore.	Gem.	0	8	d
xxx	b	Batild Qu.	Gem.	12	9	e
xxxi	c	Vict. & Sat	Gem.	25	10	f

The ful moon the 6. day, 46. min. after 3. of the clocke in the afternoon.

The laſt quarter the 13 day, 27. min. after 7. of the clock at night.

The new moone the 20. day. 51. min. after 3. in the afternoone.

February hath 28 dayes.

The firſt quarter the 28. day, about 10. of the clock in the forenoone.

This moneth as yet no Phyſicke vſe,
For feare that you your ſelfe abuſe:
Bleede not, nor Bathe, be rul'd by me,
Except vpon neceſſitie.

i	d	Brigget. laſt	Canc. 7	11	g		The ful moon the 5. day, 12. min. after 6. of the clocke in the morning.
ii	e	Purif. of Ma.	Canc. 19	12	a		
iii	f	Blaſe biſh.	Leo. 2	13	b		
iiii	g	Gilbert con.	Leo. 15	14	c		
v	a	Agathy virg.	Leo. 28	15	d		
vi	b	Dorothy. vir.	Virgo. 12	16	e		
vii	c	Angle Biſh.	Virgo. 26	17	f		The laſt quarter the 12. day. 33. min. after 2. of the clocke. in the morning.
viii	d	Paul biſh.	Libra. 10	18	g		
ix	e	Sol in Pisces.	Libra. 24	19	a		
x	f	Scoll. virg.	Scorp. 9	20	b		
xi	g	Eufrag. virg.	Scorp. 23	21	c		
xii	a	Tyarne ends	Sagit. 8	22	d		
xiii	b	Wolſtan.	Sagi. 22	23	e		
xiiii	c	Valentine.	Capric. 6	24	f		S. Mathias.
xv	d	Fauſtine.	Capri. 20	25	g		
xvi	e	Sexageſima.	Aquar. 4	26	a		Shroue ſun.
xvii	f	Solicron biſh	Aquar. 17	27	b		
xviii	g	Simeon biſh.	Pisces 0	28	c		
xix	a	Sabin prieſt.	Pisce. 12	1	d		March. 1623.
xx	b	Mildred. vir.	Pisce. 25	2	e		The new moone the 19. day, 17. min. after 6. of the clocke in the morning.
xxi	c	69. Martyrs.	Aries. 7	3	f		
xxii	d	Cath. S. Pet.	Aries. 19	4	g		
xxiii	e	Shroue tuno.	Taur. 1	5	a		
xxiiii	f	Mathias Ap.	Taur 13	6	b		
xxv	g	Inuen. Paul.	Taur. 25	7	c		
xxvi	a	Nestor mart.	Gemini 8	8	d		The firſt quarter the 27 day, 16. min. after 7. of the clocke in the morning.
xxvii	b	Oſwald. biſh.	Gem. 20	9	e		
xxviii	c	Auguſt. biſh.	Canc. 2	10	f		

Now March begins the ſpringin g time,
The Sunne hath got the equall line:
Vſe Phyſickes art, and all thy skill,
To helpe diſeaſes that be ill.

i	d	Dauid biſh.	Canc.	15	11	g	The ful moon
ii	e	Chad. biſh.	Canc.	27	12	A	the 6. day, a-
iii	f	Wed. goe out.	Leo.	10	13	b	bout 6. of the
iiii	g	Adrian. mart.	Leo.	24	14	c	clock at night
v	a	Ember matt.	Virgo.	7	15	d	
vi	b	Victor & vi.	Virgo.	21	16	e	
vii	c	Perpetue.	Libra.	5	17	f	The laſt
viii	d	Felix Mar.	Libra.	20	18	g	quarter the 13
ix	e	2. ſun. in Lent	Scorp.	4	19	A	day, 46. min.
x	f	Agape virg.	Scorp.	19	20	b	after 9. of the
xi	g	☉ in Aries.	Sagit.	4	21	c	clocke in the
xii	a	Gregory. biſh	Sagit.	18	22	d	forenoone.
xiii	b	Theod. mar.	Capri.	3	23	e	
xiiii	c	Peter Mart.	Capri.	17	24	f	Annun: Mary
xv	d	Candide. mar	Aquar.	0	25	g	
xvi	e	3. ſun. in lent.	Aquar.	14	26	A	The new
xvii	f	Gertrude.	Aquar.	27	27	b	moone the 20.
xviii	g	Edward king	Piſces.	9	28	c	day, 55. min.
xix	a	Joſ. Mar. huſ.	Piſc.	22	29	d	after 9. of the
xx	b	Cuthbert.	Aries.	4	30	e	clock at night.
xxi	c	Benedict.	Aries.	16	31	f	
xxii	d	Aſtrodoſe.	Aries.	28	1	g	Aprill. 1623.
xxiii	e	4. ſun. in Lent.	Taur.	8	2	A	The firſt
xxiiii	f	Innocents.	Taur.	21	3	b	quarter the 29
xxv	g	Annun. Mary	Gemin.	3	4	c	day, 20. min.
xxvi	a	Taſtor mart.	Gem.	15	5	d	after 1. of the
xxvii	b	Marcian.	Gem.	28	6	e	clocke in the
xxviii	c	Dorothy virg	Canc.	10	7	f	morning.
xxix	d	Quintine.	Canc.	22	8	g	
xxx	e	Quatrine.	Leo.	5	9	A	Palme ſunt.
xxxi	f	Adelme biſh.	Leo.	18	10	b	

This Aprill with his ſtormy ſhowers,
Doth make the earthy eeld pleaſant flowers:
Purge well therefore, for it is good
To helpe thy body, and cleanſe thy blood.

i	g	Theod. virg.	Virgo. 2	11	c	The ful moon the 3. day, 39. min. after 3. of the cloche in the morning.
ii	a	Mary Egipt.	Virgo. 16	12	d	
iii	b	Richard. biſh.	Libra. 0	13	e	
iiii	c	Ambroſe.	Libra. 14	14	f	
v	d	Martian.	Libra. 29	15	g	
vi	e	Palme ſund.	Scorp. 14	16	a	Eaſter day.
vii	f	Egiſippus.	Scorp. 29	17	b	
viii	g	Perpetuus.	Sagit. 13	18	c	The laſt quarter the 11 day, 18. min. after 6. of the clock at night
ix	a	Paſſ. the vir.	Sagit. 28	19	d	
x	b	Sol in Taurus	Capri. 13	20	e	
xi	c	July conſeſſ.	Capri. 27	21	f	
xii	d	Olym. Ir. feſt	Aquar. 10	22	g	
xiii	e	Eaſter day.	Aquar. 24	23	a	
xiiii	f	Tiburt.	Piſces. 6	24	b	
xv	g	Leonard.	Piſce. 19	25	c	Mark Euan.
xvi	a	Iſidore. biſh.	Aries. 1	26	d	The new moone the 19. day, about 2. in the afternoone.
xvii	b	Colmy.	Aries. 13	27	e	
xviii	c	Valerian.	Aries. 25	28	f	
xix	d	Alphage biſh.	Taur. 7	29	g	
xx	e	1. ſun. af. Eaſt.	Taur. 19	30	a	
xxi	f	Med. come in.	Gemi. 0	1	b	May. 1623.
xxii	g	Mother virg.	Gemi. 11	2	c	
xxiii	a	S. George.	Gemi. 24	3	d	
xxiiii	b	Wilfred biſh.	Cancer. 6	4	e	
xxv	c	Mark Euan	Canc. 18	5	f	The firſt quarter the 27 day, 23. min. after 4. of the cloche in the afternoone.
xxvi	d	Clere biſh.	Leo. 0	6	g	
xxvii	e	2. ſun. af. Eaſt.	Leo. 13	7	a	
xxviii	f	Anaſt. biſh.	Leo. 26	8	b	
xxix	g	Victalis.	Virgo. 10	9	c	
xxx	a	Ecarm begin	Virgo. 24	10	d	

Now gallant May in his array,
Doth make the fields pleasant and gay:
Walke earley now for thy healths sake,
And still thou mayst some Physicke take.

i	b	Philip & Jac.	Libra.	8	11	c
ii	c	Athanasius.	Libra.	23	12	f
iii	d	Inuen. crosse.	Scorp.	7	13	g
iiii	e	3. sun. at East.	Scor.	22	14	A
v	f	Goddard.	Sagit.	7	15	b
vi	g	Iohn port. lat.	Sagit.	22	16	c
vii	a	Iob. of Beuer	Capr.	7	17	d
viii	b	Ap. S. Mich.	Capr.	22	18	e
ix	c	Tr. S. Nic.	Aquar.	6	19	f
x	d	Gordi. & Epi.	Aquar.	19	20	g
xi	e	☉ Sol in Cancer.	Pisce.	3	21	A
xii	f	Achellie.	Pisc.	16	22	b
xiii	g	Seruatius.	Pisc.	28	23	c
xiiii	a	Isidore mart.	Aries.	11	24	d
xv	b	Sophia.	Aries.	23	25	e
xvi	c	Disco. Mar.	Taur.	4	26	f
xvii	d	Tran. of Bar	Taur.	16	27	g
xviii	e	Rogation sun	Taur.	28	28	A
xix	f	Wed. goe out.	Gem.	9	29	b
xx	g	Hellen Mart.	Gem.	21	30	c
xxi	a	Iulian. virg.	Canc.	3	31	d
xxii	b	Ascension day	Canc.	15	1	e
xxiii	c	Transl. of Fr.	Canc.	27	2	f
xxiiii	d	Adelme. mar.	Leo.	9	3	g
xxv	e	6. sun. af. east.	Leo.	22	4	A
xxvi	f	Rogation day	Virgo.	5	5	b
xxvii	g	Bede Priest.	Virgo.	19	6	c
xxviii	a	Germane. bish	Libra.	2	7	d
xxix	b	Coron mart.	Libra.	17	8	e
xxx	c	Felix Bish.	Scorp.	1	9	f
xxxi	d	Petronil. fast	Scor.	16	10	g

The ful moon the 4. day, 40 min. after 11. of the cloche in the forenoone.

The last quarter the 11 day, 51. min. after 4. of the cloche in the morning.

Ascension day

The new moone the 19. day, 52. min. after 5. of the cloche in the morning.

June. 1623.

Whitsunday

The first quarter the 27 day, about 4. of the cloche in the morne.

This Moneth of Iune, vse clarified Whay.
Boyled with cold hearbs drinke alway:
From violent exercise now abstaine,
Except thou wilt in trouble remaine.

i	G	Trinitie sunday.	Sagit. 1	11	A	The ful moon the 2. day, about 7. of the clock at night
ii	f	Gaudie.	Sagit. 16	12	b	
iii	g	Erasmus.	Capri. 1	13	c	
iiii	a	Emb. weke.	Capri. 16	14	d	
v	b	Boniface.	Aqua. 0	15	e	
vi	c	Melone arch.	Aquar. 14	16	f	
vii	d	Transl. Moisi.	Aquar. 28	17	g	The last quarter the 9. day, 39. min. after 5. of the clocke in the afternoone.
viii	E	Trinitie sund	Pisces. 11	18	A	
ix	f	Med. come in.	Pisc. 24	19	b	
x	g	Transl. pnon.	Aries. 7	20	c	
xi	a	Barnabe.	Aries. 19	21	d	
xii	b	Sol in Cancer	Taur. 1	22	e	
xiii	c	Tearme beg.	Taur. 13	23	f	
xiiii	d	Tran. of Ric.	Taur. 25	24	g	The new moon the 17. day, about 9. of the clocke at night.
xv	E	1. sun. aft. trin.	Gem. 7	25	A	
xvi	f	Justinia.	Gem. 19	26	b	
xvii	g	Botulph.	Cancer. 0	27	c	
xviii	a	Erasperius.	Canc. 12	28	d	
xix	b	Geruasius.	Canc. 24	29	e	Peter Apost.
xx	c	Transl. of Ed.	Leo. 6	30	f	
xxi	d	Walburg. vir.	Leo. 19	1	g	July 1623.
xxii	E	2. sun. af. trin.	Virgo. 2	2	A	
xxiii	f	Etheld.	Virgo. 15	3	b	
xxiiii	g	John Bapt.	Virgo. 28	4	c	
xxv	a	Transl. of eli.	Libra. 12	5	d	The first quarter the 25. day, 41. minutes after high-noone.
xxvi	b	John & Paul.	Libra. 26	6	e	
xxvii	c	Crescens ma.	Scor. 10	7	f	
xxviii	d	Leo bish.	Scor. 25	8	g	
xxix	E	Peter Apost.	Sagit. 10	9	A	
xxx	f	Com. S. Pe.	Sagit. 25	10	b	

Now in Iuly Dog-dayes begin,
The Riuers are best to bathe in:
To take hot drinkes be not too bold,
But vse hearbs which be moyst and colde.

i	g	Oct. of Joh.	Capri	10	11	c
ii	a	Tearme ends	Capri.	24	12	d
iii	b	Trans. Tho.	Aquar.	8	13	e
iiii	c	Ulricus.	Aquar.	22	14	f
v	d	Foe virgin.	Pisces.	6	15	g
vi	E	4. sun. af. trin.	Pisc.	19	16	A
vii	f	Marcialis.	Aries.	2	17	b
viii	g	Chilian.	Aries.	15	18	c
ix	a	Cirill bishop.	Aries.	27	19	d
x	b	7. Brethren.	Taur.	9	20	e
xi	c	Trans. of Be.	Taur.	22	21	f
xii	d	Nabor. & Fel.	Gemini.	4	22	g
xiii	E	5. sun. af. trin.	Gem.	16	23	A
xiiii	f	Sol in Leo.	Gem.	27	24	b
xv	g	Tan. of Sw.	Cancer	9	25	c
xvi	a	Trans. of Os.	Canc.	21	26	d
xvii	b	Alexius.	Leo.	4	27	e
xviii	c	Rosina.	Leo.	16	28	f
xix	d	Dog day beg.	Leo.	29	29	g
xx	E	6 sun. af. trin.	Virgo.	11	30	A
xxi	f	Praxed virg.	Virgo.	25	31	b
xxii	g	Mary Mag.	Libra.	8	1	c
xxiii	a	Apolina bish.	Libra.	22	2	d
xxiiii	b	Christian.	Scorp.	6	3	e
xxv	c	James ap.	Scor.	21	4	f
xxvi	d	Anne mo. of	Sagit.	5	5	g
xxvii	E	Martha.	Sagit.	20	6	A
xxviii	f	Sampson.	Capri.	4	7	b
xxix	g	Fel. & his Fel	Capri.	19	8	c
xxx	a	Abdon & sen.	Aquar.	3	9	d
xxxi	b	Germane. bish	Aquar.	17	10	e

The ful moon the 2. day, 38. min. after 2. of the clocke in the morning.

The last quarter the 9. day 37. m. after 8. of the clocke in the morne.

The new moon the 17. day, 57. min. after 10. of the clocke in the forenoone.

August 1623.

The first quarter the 24 day. 21. min. after 6. at night.

The ful moon the 31. day, 16 min. after 11 in the forenoon.

This Moneth of August take good heede,
For now will many surfets breede:
Let little sleepe thee now content,
If that diseases thou wilt preuent.

i	c	Lammas day	Pisc.	1	11	f	The last quarter the 8. day, 33. min. after 1. of the clocke in the morning.
ii	d	Steph. bish.	Pisc.	14	12	g	
iii	e	8. sun. af. trin.	Pisc.	27	13	A	
iiii	f	Iustin Priest	Arie.	8	14	b	
v	g	Oswyns con.	Arie.	22	15	c	
vi	a	Transfigura.	Taur.	5	16	d	
vii	b	Donatus.	Taur.	16	17	e	
viii	c	Ciriack & Hel.	Taur.	29	18	f	The new mone the 15. day, 33. min. after 8 11. of the clocke at night.
ix	d	Romane mar.	Gem.	11	19	g	
x	e	9. sun. af. trin.	Gem.	23	20	A	
xi	f	Tiburt mar.	Canc.	6	21	b	
xii	g	Clare virg.	Canc.	18	22	c	
xiii	a	Sol in Virgo.	Ley.	0	23	d	
xiiii	b	Eusebius.	Leo.	13	24	e	Barthol. Ap.
xv	c	Assum. Mar.	Leo.	25	25	f	The first quart. the 22. day, about 11. of the clocke at night.
xvi	d	Roche. mart.	Virgo.	8	26	g	
xvii	e	10. sun. af. trin	Virgo.	21	27	A	
xviii	f	Agapite virg.	Libra.	5	28	b	
xix	g	Magnus mar	Libra.	19	29	c	
xx	a	Lewes Bish.	Scor.	3	30	d	
xxi	b	Bernard. con.	Scor.	17	31	e	
xxii	c	Octa. Assum.	Sagit.	1	1	f	September 1623
xxiii	d	Zacheus. tax	Sagit.	16	2	g	
xxiiii	e	Bartol. Ap.	Capr.	0	3	A	
xxv	f	Lodow. king.	Capr.	15	4	b	
xxvi	g	Dog day. end	Capr.	29	5	c	
xxvii	a	Rupb. mart.	Aqua.	13	6	d	The ful mon the 29. day, 5. min. after 10. of the clocke at night.
xxviii	b	August Bish.	Aqua.	26	7	e	
xxix	c	Decol. of Io.	Pisc.	10	8	f	
xxx	d	Felix & And	Pisc.	23	9	g	
xxxi	e	12. sun. af. trin	Arie.	5	10		

Now mayst thou Physicke safely take,
And bleede and bathe for thy healths sake:
Eate Figges, and Grapes, and Spicery,
For to refresh thy members dry.

i	f	Egidius.	Aries.	18	11	b	The last quarter the 6. day, 41. min. after 7. of the clock at night.
ii	g	Anthon. mar.	Taur.	0	12	c	
iii	a	Gregory.	Tau.	12	13	d	
iiii	b	Tran. of Cut.	Taur.	25	14	e	
v	c	Hercules.	Gem.	7	15	f	
vi	d	Eugenius.	Gem.	19	16	g	
vii	e	13. Iun. at. trin	Canc.	1	17	A	The new moone the 14. day, 9. min. after a 11. of the clocke in the forenoone.
viii	f	Nat. of Mary	Canc.	13	18	b	
ix	g	Gorgon mar.	Canc.	25	19	c	
x	a	Prieth & Ja.	Leo.	8	20	d	
xi	b	Martian.	Leo.	21	21	e	
xii	c	Maurice bish.	Virgo.	4	22	f	
xiii	d	Sol in Libra.	Virgo.	17	23	g	The first quarter the 21 day. 43. min. after 4. of the clocke in the morning.
xiiii	e	Exalt Crosse.	Libra.	0	24	A	
xv	f	Oct. of Mary	Libra.	15	25	b	
xvi	g	Edith virgin.	Libra.	25	26	c	
xvii	a	Lambert bish.	Scor.	13	27	d	
xviii	b	Ember wake	Scor.	27	28	e	
xix	c	Januar. mar.	Sagit.	12	29	f	
xx	d	Eustace.	Sagit.	27	30	g	
xxi	e	Matth. Apost	Capri.	11	1	A	October. 1623
xxii	f	Mauritius.	Capri.	25	2	b	
xxiii	g	Edyra.	Aquar.	9	3	c	
xxiiii	a	Samuel.	Aquar.	23	4	d	
xxv	b	Fumine mar.	Pisc.	6	5	e	The full moon the 28. day, 28 min. after 11. of the clocke in the forenoone.
xxvi	c	Cypri. & Jn.	Pisc.	19	6	f	
xxvii	d	Cosm. & Da.	Aries.	2	7	g	
xxviii	e	16. Sun. at. trin	Aries.	15	8	A	
xxix	f	Michael Arc.	Aries.	26	9	b	
xxx	g	Hieron. priest	Taur.	9	10	c	

This Moneth hot drinkes and meates be good,
To keepe thy health and nouriſh thy bloud:
Prouide warme cloathes and goe dry:
Thou ſhalt eſcape much danger thereby.

i	a	Remigius.	Taur. 21	11	d	The laſt quarter the 6. day, 8. min. after 2. of the clocke in the afternoone.
ii	b	Leodagar.	Gem. 3	12	e	
iii.	c	Candide mar.	Gem. 14	13	f	
iiii	d	Frances.	Gem. 26	14	g	
v	☌	17. ſun. af. trin.	Cancer. 9	15	A	
vi	f	Faith virg.	Canc. 21	16	b	
vii	g	Marcie & ma.	Leo. 3	17	c	The newe moon the 13. day 45. m. after 9. of the clock at night.
viii	a	Pelagie virg.	Leo. 16	18	d	
ix	b	Tearm begin	Leo. 29	19	e	
x	c	Gedion.	Virg. 12	20	f	
xi	d	Burchad.	Virgo. 25	21	g	
xii	☍	18. ſun. af. trin.	Libra. 9	22	A	
xiii	f	Tranſ. of Ed.	Libra. 23	23	b	The firſt quarter the 20 day. 21. min. after high= noone.
xiiii	g	Sol in Scorpio.	Scorp. 8	24	c	
xv	a	Wolfron.	Scor. 22	25	d	
xvi	b	Vith. mount.	Sagit. 7	26	e	
xvii	c	Etheldred.	Sagit. 22	27	f	
xviii	d	Luke Euang.	Capri. 7	28	g	Sim. & Jude
xix	☍	19. ſun. af. trin.	Capri. 21	29	A	
xx	f	Auſtre. virg.	Aquar. 6	30	b	
xxi	g	Vrſula virg.	Aqua. 20	31	c	
xxii	a	Mary. Salō.	Piſces 3	1	d	Nouemb 1623 All Saints
xxiii	b	Magloire.	Piſce. 16	2	e	
xxiiii	c	Tran. of Jo.	Piſce. 29	3	f	
xxv	d	Criſp. & Criſ.	Aries. 12	4	g	
xxvi	☍	20. ſun. af. trin	Aries. 24	5	A	The full moon the 28. day, 49. min. after 3. of the clock in the morne.
xxvii	f	Florence faſt	Taur. 6	6	b	
xxviii	g	Sim. & Jud	Taur. 18	7	c	
xxix	a	Narciſſus. bi.	Gem. 0	8	d	
xxx	b	Herman. biſh	Gem. 11	9	e	
xxxi	c	Quintin. faſt	Gem. 23	10	f	

Now mayst thou drinke sweet Wines freely,
And vse good mirth and company:
Abstaine from wrath and all enuy.
And vse thy Brethren charitably.

i	d	All Saints.	Canc. 5	11	g	The last quarter the 5. day 14. min. after 8. of the clock in the morne
ii	e	21. sun. af. trin.	Canc. 17	12	A	
iii	f	Wenefrid vir.	Canc. 29	13	b	
iiii	g	Amantius.	Leo. 11	14	c	
v	a	Vnder Crc.	Leo. 24	15	d	
vi	b	Leonard ab.	Virgo. 7	16	e	
vii	c	Willrid. bish.	Virgo. 20	17	f	
viii	d	4. Crowned.	Libra. 3	18	g	The new moone the 12. day, 56. min. after 7. in the morning.
ix	e	22. sun. af. trin	Libra. 17	19	A	
x	f	Theodore.	Scorp. 2	20	b	
xi	g	Martine. bish	Scor. 16	21	c	
xii	a	Martine ma.	Sagit. 1	22	d	
xiii	b	Solin Sagita.	Sagit. 16	23	e	
xiiii	c	Transl. of erb.	Capric. 1	24	f	The first quarter the 18 day. 31. min. after a 11. at night.
xv	d	Machute bish	Capri. 16	25	g	
xvi	e	23. sun. af. trin.	Aquar. 1	26	A	
xvii	f	S. Hugh.	Aquar. 15	27	b	
xviii	g	Oct. Mart.	Aquar. 29	28	c	
xix	a	Elizabeth.	Pisce. 13	29	d	
xx	b	Edmund kin.	Pisce. 26	30	e	Andrew Ap. December 1623.
xxi	c	Oblat. Mart.	Aries. 8	1	f	
xxii	d	Cicely virg.	Aries. 21	2	g	
xxiii	e	24. sun. af. trin	Taur. 3	3	A	
xxiiii	f	Gyrsog. mar.	Taur. 15	4	b	
xxv	g	Kather. vir.	Taur. 27	5	c	The ful moon the 26. day, 23 min. after 10. of the clock at night.
xxvi	a	Linus. bish	Gem. 9	6	d	
xxvii	b	Irygcola.	Gem. 20	7	e	
xxviii	c	Clarm ends.	Cancer. 2	8	f	
xxix	d	Saturn. fast.	Canc. 14	9	g	
xxx	e	Andrew Ap.	Canc 25	10	A	

This moneth as I doe now remember,
The twentie fiue of this December:
Our Sauiour Christ was borne that day,
That we might praise his name alway.

i	f	Med. goe out.	Leo	7	11	b	The last quarter the 3. day, 39. min. before 1. of the clocke in the morning.
ij	g	Liban. mart.	Leo	20	12	c	
iij	a	Depos. of Os.	Virgo	2	13	d	
iiij	b	Barbara vir.	Virgo	15	14	e	
v	c	Sabba. Abb.	Virgo.	28	15	f	
vj	d	Nicholas. bish	Libra	12	18	g	
vij	e	2. Sun. in Ad.	Libra	26	17	A	
viij	f	Con. of Mar.	Scor.	10	18	b	The new moone the 11. day, 6. min. after 6. of the clocke at night.
ix	g	Joachim.	Scor.	25	19	c	
x	a	Christian.	Sagit.	10	20	d	
xj	b	Eulalia vir.	Sagit.	25	21	e	
xij	c	Sol in Capric.	Capr.	10	22	f	
xiij	d	Lucie virg.	Capr.	25	23	g	
xiiij	e	3. Sun. in Ad.	Aquar.	9	24	A	
xv	f	Valeri. con.	Aquar.	24	25	b	Christmas.
xvj	g	✠ Sapientia	Pisc.	8	26	c	S. Stephen.
xvij	a	Ember wæke	Pisc.	21	27	d	John Euang.
xviij	b	Gracian bish.	Aries	4	28	e	Innocents.
xix	c	Venetian vir.	Aries	17	29	f	The first quarter the 18 day, 11. min after 2. in the afternoone.
xx	d	Julian.	Aries	29	30	g	
xxj	e	Thomas Ap.	Taur.	12	31	A	
xxij	f	30. Martyrs.	Taur.	24	1	b	
xxiij	g	Victor virg.	Gem.	6	2	c	
xxiiij	a	Cloudy.	Gem.	18	3	d	
xxv	b	Christmas	Gem.	29	4	e	
xxvj	c	S. Stephen.	Canc.	11	5	f	The full moone the 26. day, 47 min. after 5. of the clocke at night.
xxvij	d	John Euang.	Canc.	23	6	g	
xxviij	e	Innocents.	Leo	5	7	A	
xxix	f	Tho. Arch.	Leo	17	8	b	
xxx	g	Transl. of Ja.	Leo.	25	9	c	
xxxj	a	Sylvest. bish	Virgo	11	10	d	

NEVE. 1623.

A Prognostication seruing for the yeare of our Lord God and *Saviour Iesus Christ.* 1623.

Wherein you may obserue, the grounds of the alteration and condition *of the foure quarters of this yeare, & also the disposition of the Ayer for each seuerall Moneth, according to the inclination of the Celestiall bodyes,* with the change of the Moone, and the tyme of the Eclipses: and other necessarie obseruations, Conuenient in such a worke to bee noted.

Calculated, and especially referred to the longitude and elenation of the Pole Article, of the famous towne of *Great Yarmouth* in *Norfolke,* and may serue indifferently for all England.

Collected and published by *Jeffery Neue,* Gent.

Hillarie Terme beginneth the 23. daie of January, and endeth the 12 of Febiuary, and hath foure returnes.

Octabis Hillarij. } { Craſtino Purifica.
Quind Hillarij. } { Octabis Purifica.

Eaſter Tearme beginneth 17 dayes after Eaſter, and endeth the next monday after Aſcenſion day, & hath fiue Returnes.

Quind. Paſchæ. } Menſe paſchæ. { Quinque paſchæ.
Tres paſchæ. } { Craſt. Aſcen.

Trinitie Tearme beginneth the Fryday next after Trinitie Sunday, and endeth the wedneſday foztnight after, and hath 4 returnes. that is to ſay,

Craſti. Trinitatis. } { Quind Trinitatis.
Octabis Trinitatis. } { Tres trinitatis.

Michaelmas Terme beginneth the 9 day of October, and endeth the 28 of Nouember, and hath 8 Returnes, that is to ſay.

{ Octabis Michael. } { Craſt. Animarum. }
{ Quind Michael. } { Craſt. Martinj. }
{ Tres Michael. } { Octabis Martinj. }
{ Menſe Michael. } { Qgind. Martinj. }

Note that the Exchequer openeth eight dayes before any Terme begins, except Trinity Terme, in which it openeth but foure dayes before.

On theſe dayes following, the Judges ſit not at Weſtminſter.

In { Hillarie. / Eaſter. / Trinitie. / Michael. } Terme on { Candlemas / Aſcenſion / Mydſomer / Alholland } day.

Certayne

Certaine profitable Rules, and briefe obſeruations, concerning husbandrie.

The beſt time to ſow all kind of Corne, is when the mone goeth her courſe in Cancer.

The beſt time to plant and graft, when the Mone is in a fixed ſigne, eſpecially in Taurus or Aquarius, and in the increaſe of the Mone, which is betweene the change and the full.

To ſet & ſow all kind of ſeedes, the mone being well ſeated in Aries, Taurus, Cancer, Vigo, Libra, Capricornus, Aquarius, or Piſces.

Fell Timber to build withall, when the Mone is towards the laſt quarter, ſhee being then in Aquarius, or Piſces.

Crop trees & fell wood to burne, that the ſtocke may the better and ſooner grow againe, when the Mone is in the firſt quarter.

Remoue and ſet young trees, in the laſt quarter of the mone, in Taurus, or Capricornus, and that in the moneth of September, October, Nouember, & Februaris.

The beſt time to geld cattell, the mone being in Aries, Sagitarius, or Capricornus.

The beſt time to cut Vines, is in Februarie or March, the mone increaſing, in Taurus, Virgo, or Libra.

The beſt tim to ſheare ſheepe, is in the increaſing of the mone, and that is from the change to the full.

To cut hayre, that it may the ſooner grow againe, the mone increaſing in Taurus, Virgo, or Libra.

To make your land that the weedes may not grow thereby, is in the decreaſing of the mone, that is from the full to the change.

¶ Of the Eclips which ſhall happen this preſent yeare of our Lord God, 1623.

THe Luminaries this yeare, will ſuffer foure tymes, the loſſe or reiection of the light, that they inpart to the inhabitants of the earth, twiſe the Sun, and twiſe the Moone, whereof the firſt onely of the Moone ſhall be apparent in our Horizon: The other three of the ſun & moone, ſhall happen in Countries farre diſtant from vs, and therefore I omit for to make any further relation of them.

Of the Eclips of the Moone.

THere will ſenſible and viſible appeare in our Horizon, a great Eclipſe of the Moone vpon the 5 of April being ſaterday, 39 minits after three of the clocke in the morning, ſhee being at the inſtant in the 8 Culpis of the heauens, in the third face of Libra, & diametrally oppoſite vnto the ſunne, in a ſigne of Ayerie triplicitie, naturally heate and moyſt, of complection ſanguine, maſculine of the day, occidentall and moueable, the houſe of Venus, the exaltation of Saturne, and the fall of the Sun: This lunarie obſeruation, doth continue from the beginning to the end, three houres & 39 min: the poynts or degrees eclipſed are 11 and 3 min: As concerning the effectes of this eclipſe, let vs proſtrate our ſelues before the Almightie, who numbreth the ſtarres and calleth them all by their names, that he would vouchſafe both to rule vs, and ouer-rule them, with his ſacred Scripture, that our affections may bee reclaymed, Gods wrath pacified, and his grace procured, ſo that we may obtaine in the end, Lazarus endleſſe felicitie in Abrahams bleſſed boſome, the ioyes whereof

whereof are inexcogitable, the date vndeterminable, & the valew inestimable, Amen.

The Date-tree mounteth vp, when burden presseth downe,
And vertue most doth shine, when fortune most doth frowne.

Briefe Rules and necessarie Obseruations, concerning Bbeeding, Bathing, Purging, and sweating, according to the motions of the Moone.

When the weather is either extreame hot or cold, it is not then conuenient, either to let blood or to purge, vnlesse some great necessitie doe require it: yet notwithstanding if this bloodletting be for the Phrensie, the Apoplexie, the Pestilence, the Pluriſie, the Squinancie, the continuall head-ach, proceeding of choler or blood, or for any hot burning feuer or other extreame payne, a man in such a case may not tarry a chosen time, because the patient might miscarrie in the meane season. But incontinently with all speede, hee is to seeke remedy this way, vnlesse eyther himselfe bee very weake, or like to swound, or the Moone be in the same signe that ruleth that very part of the body. But in this aforesaid case of extreamity, blood is not to be let in such a quantitie as otherwise it would, if a chosen time might be expected.

The best time to let the Phlegmaticke blood, is when the Moone is ♈, or ♓, the head and thighes excepted.

For the Melancholy, the moone being in ♎, or ♑, the buttockes and legges excepted.

For the Cholericke, the Moone being in ♋, ♌, or ♐, the brest and feete excepted.

For ♀ Sanguine, all be good which before is named.

In the spring time let blood on the right side. In Harueſt let blood at the left side.

For Bathing.

BAthings are commonly vſed rather for pleaſure then for profit, eſpecially where hot houſes are ouermuch haunted: But I mind not to ſpeake of them in this place otherwiſe then to aduertiſe thoſe the tender their owne health, to be warie & circũſpect in reſorting vnto them without iuſt cauſe, and immediately after or with ſuch perſons as be vncleane, know that it is not good to bath when the Moone is in earthly ſignes, as in ♉, ♍, or ♑, the reaſon is, becauſe they are of a cold dry nature, and the nature of cold is to reſtraine and binde, and ſo the moone being in theſe ſignes, the Pores of the body are cloſed and ſhut, ſo that there can be no reſolution of humors and ſuperfluities, which by bathing ought to be auoyded.

But in fiue ſignes, as when the Moone is in ♈, ♌, or ♐, then it is good time for bathing, for the body is apt to reſolution, for it is the nature of heate to open and reſolue.

It is beſt bathing two or three dayes after the change and at the full of the moone: for then the ſuperfluities are ready to auoyd and diſpoſed to flow & iſſue out, which indeede is the very end and vſe of bathing. If any will enter into the Bath, onely for cleanneſſe ſake, let the Moone be in ♎, or ♓.

Further, if Bathing be vſed for health, let the partie greeued, learne of the wiſe Phiſition, whether his ſickneſſe hath neede of moyſtening or drying: for it doth require moyſtening as in Pthiſis and ſuch like, then let him bath in watery ſignes, hauing good aſpects of Iupiter and Venus. But if the ſickneſſe require drying as in Paralyſis & the like, then let him bath the moone being

being in fierie signes, hauing good aspects of Mars, & the Sunne.

The best time of the yeare to bath in, is the Spring and Harueſt, and in them the moneths of May & September. The best time of the day to goe into the bath, is an houre after the Sun rising at the least, alwaies prouided, that you must walke either an howre or halfe an howre before, and haue a stoole either by nature or by art: ye must couer you heads well so long as ye be in the bath, and beware you drinke not cold drinke, although you bee very thirstie, but forbeare all things that bee cold, least when you are hot within, and cold strike suddenly into some principall members, and so hurt you.

The time of tarying in the Bath, is commonly one howre, but it may be more or lesse, according to the nature of the bath, or sicknesse of the partie, at the discretion of the wise Phisition.

Of Purging.

In purging, these 5 things ought to be knone:

1. The humor which aboundeth.
2. The best way to auoyd it.
3. The strength of the person.
4. The manner of the sicknesse.
5. The force and nature of the medicine.

For when these things are not considered and obserued, many greeuous accidents may follow, and greatly hurt and grieue the body.

Good signes for purging generally are Cancer, Scorpio, and Pisces.

Particularly, as with potions or drinkes, in scorpio Purge with electuaries, the moone being in Cancer, purge with Pills, the moone being in Pises.

Take preparations, the Moone being in Gemini, Libra, or Aquarius.

Take Vomits, the moone in Aries, Taurus, or Capricornus.

Take gargarises, the moone in Aries, Cancer, or Capricornus.

Take glisters, the Moone in ♎, or ♏.

To prouoke neesings, the moone in ♋, ♌, or ♎.

To stop fluxes, rumes, and laxes, the moone being in ♉, ♑, or ♒.

Good to comfort the vertue attractiue, the Moone in ♈, ♌, or ♐.

Good to comfort the vertue digestiue, the moone in ♊, ♎, ♒.

Good to comfort the vertue retentiue, the moone in ♉, ♑, or ♒.

Good to comfort the vertue expulsiue, the Moone in ♋, ♏, or ♓.

For vsing of vnguents or plaisters, it is best applyed when the moone is in that signe which gouerneth the same member or part of the body, to which it is appliable.

For Sweating.

Sweatings, as are of two sorts, ♄ is to say naturall & artificiall, so they are vsed for two ends and purposes the naturall sweate, if good heede be taken in opening of the pores, will dissolue grosse and thicke humors, will cleanse the blood, will comfort the spirits, will put away cold, will consume raw humors, qualifie and quench raging feuers, will helpe numnesse and the dropsie.

The artificiall sweate, will cleanse scabs, put away itch, amend dulnesse in hearing, ease the stone, resolue congealed and cold melancholly blood and humors, &c.

But for the beter performing and effectuall working in these causes, the counsell of the learned phisition is

to

to desired and bled.

The best and meetest signes to sweate in, are ♈, ♌, and ♐, and that two or three dayes after the change, & at the full of the Moone. And note that sweating is better to bee done at the euening, then in ỹ morning, for when the body hath nourishment within, the spirits shall not be drawne vtterly forth to the extreame parts. Note that further, leane & dry folkes may sweate little, for it will hurt them much: But fat folkes may sweate well, and it will helpe them much.

A Description of the foure quarters *of the yeare of our Lord God.* 1623.

WInter (which is the cheefe capitall foe for ỹ spring, the disgrace of Sommer, and the deepe deuourer of the fruitfull Haruest,) began to take his effects, (according to our vsuall computation) the 11 day of December, in the yeare afore going, at the first entring of the Sun into the first minute of the signe Capricornus at which time the Sun shall bee at his greatest South declination from the equenoctiall line, so that he riseth South-east, and setteth South-west. Now is the Hiemall or winter solstice, for the Sun is so farre remoued from our Zenith or verticall poynt, that he cannot decline any further, and stands at a stop and stay, & then is the shortest day in all the yeare, and longest night: & so this quarter doth continue vntill the 11 of March next ensuing.

This season is by nature cold and moyst, vnpleasant for the most part to trauailers, either by land or Sea, & vnto aged persons, it is very combrous and noysome, causing surefluxes of rawnesse, & abundance of cold moystnesse to ouerflow their bodies, to their great trou-

ble

ble and disquietnes the sicknesses ingendred of cold humors, & of flegmaticke matter will this quarter afflict diuers persons, as Hoorseneſſe, Rheumes, Coughes, with other such diseased, as be answerable to the state and condition of the time.

Thus will the Starres, if God assent,
Whose power alone can all preuent.

Of the Spring.

The Sun (which is ỹ eye of the world, the fountaine of light, and the chefe moderator of all the rest of ỹ lights) hath like a Gyant run his race, and finished his reuolution, Gradatim throughout the 12 signes, and beginneth his iourny afresh againe, and goeth a new course, and so becomes an indifferent arbiter betweene the day and night, and maketh an equalitie throughout his whole gouernement, to the great ioy and comfort of all his reuiued subiects, chearing with his splendent countenance, the poore afflicted weather-woorne wedes, of this our darke starre of mortalitie, (which the darkened countenance of winters extremitie had almost subdued) with his most excellent presence, wherat the earth begins to smyle, & put on her new apparrell, the flourishing liuerye of fresh Flora.

This season is naturally hott and moyst, the most temperate time of the yeare, & the least breeder of sicknesse that doth procure death, & a very fit time for the remouing of sicknesses and griefes gotten before, and also to auoyd and preuent those that are to come: For now the dull sences & spirits of men & other creatures, are quickned & reuiued, & therefore the humors which doe abound & are ready to repaire nature, are fit to be emptied & auoyded, whether by blod letting, purging or otherwise ỹ learned physition shall aduise, & as ỹ cause of the disease requireth. Such therefore as be diseased,

let

let them not neglect this time.

Sundry sorts of sicknesses, & deadlie maladies are threatned this quarter, as paynes of the head, Impostumes in the stomacke, many doubtfull Feuers, Pluresies, with other distemperatures. Let vs call vpon the Almightie, that hee may still continue his accustomed mercies and fauorable blessings vnto vs both now and euermore, Amen.

Infections from the starres may fall,
But one aboue doth stay them all.

Of Summer.

Summer the third part of our vulgar yeare, according to our vsuall computation, now when the Sun hath fully determined the spring tyme with his last Grade of Geminie, & hath mounted in his motion to the highest poynt of his course, namely vnto the first degree of Cancer, which will be this yeare on the 12 of March. Now is the second Solstice of the yeare, called the estiuall or Summer Solstice: For euen as the Sun when hee entreth into Capricorne, hath his greatest South declination from the equinoctiall line: so now at his ingresse into the beginning of Cancer, he hath his greatest declination toward the North from the said equinoctiall line: and euen then, as the time of Winter Solstice, he was so farre remoued from our verticall poynt that he could moue no further towards ỹ south, & was therfore to approach againe towards our North Latitude, at which time hee seemeth to stand: So now being come so neare our Zenith, that he cannot moue no further towards the North, and is therefore to reuert againe towards the South latitude at his first going from vs, hee seemeth to stand also: Insomuch that euen as before at his returne towards vs againe,

he

he made with vs the shortest day and longest night in the yeare: So now at his returne from vs, he maketh with vs contrarywise the longest day & shortest night in the yeare: And afterwards declineth more & more from vs, like as before hee moued more towards vs.

This season according to his proper nature is hott and dry, turning the humors of mens bodies from coldnesse and moysture into hotnesse & drynesse, resembling the element of fire, and complection of collor, bringing all fruits to their ripenesse, cattell to their fatnesse, and men to their wealth.

The diseases incident to this quarter, I at this time omyt, God almighty, who only knoweth what shall come to passe, turne all euils away from vs. Amen

Though starres incline to worke vs ill,
All shall be as the Maker will.

Of the last quarter called *Autumne*.

Autumne, according to our accustomed computation the last quarter of this yeare, beginneth at the Sunnes departure from the last scruple of Virgo, into the first degree of the second equinoctiall signe ♎, which will be this yeare on the 13 day of September, the day & night being of an equall length as in the Spring, at which time is the Autumnall equinoctiall: For euen as at the Suns entrance into ♈, the day by increasing from the winter Solstice till then, came to be equall with the night, going on still more & more till the Summer Solstice, when was the longest day and shortest night. So now the night by increasing from the Estinall Solstice, to this the Suns ingredience into ♎, hath got to be equall with the day, and shall increase more & more till the Brumall Solstice come againe, when the night is longest, and the day shortest: And this time of the yeare of it selfe is very vnconstant

and

and variable, warme in the day, and cold in the night.

This quarter may be called ♄ Nurse of deadly sickenesses. And Galen sayth, that this time of the yeare is very dangerous for taking of sicknesses.

Griefes subiect to rage this quarter, are Quartaine, Agues, vnconstant feuers, consumptions, the collicke & stone passion, many obstructions, & melancholy diseases

The declaration and disposition of the weather and winds according to the diuers motiõs & influences of the erraticall & fixed starres: with the day, houre, & minute of the change, her full, and quarters: and also of the rising and setting of the Sun, in euery 7 day of euery moneth of this yeare, 1623.

Of Ianuarie.

Day	The Sun riseth.	The Sunne setteth.
1	hou 8 and 3 min.	hou 3 and 57 min.
7	hou 7 and 56 min.	hou 4 and 4 minu,
14	hou 7 and 46 min.	hou 4 and 14 min.
21	hou 7 and 34 min.	hou 4 and 26 min.
28	hou 7 and 23 min.	hou 4 and 37 min.

Full Moone the 6 day 46 min: after 3 of the clocke in the afternoone, windie and vnconstant.

Last quarter the 13 day 27 min: after 7 of the clocke at night, stormy and windy.

New Moone the 20 day 51 min: after 3 of the clocke in the afternoone, some fall of moysture

First quarter the 28 day about 10 of the clocke in the forenoone, cold and cloudy.

Ianuaries Abstract.

In this moneth let not blood, neyther vse but litle Physicke, except great necessitie constraines thee, and beware of taking cold, for in this moneth Rheumes & flegme doe much increase: to fast long is hurtfull, but

10

to drinke white wine fasting is good & wholesome: vse meaters that are hot naturally moderately, and weare warme clothes.

In worldly businesse, this moneth you may set all kind of commō fruit-trées, as Peares, Plums, Cherritrées, Filberds, Walnuts and such like, Hawthornes, and all sorts of quicksets, trées or plants, are fittest to bée generally set, from the change to the first quarter.

Take away Mosse and superfluous branches from your trées, & this moneth is good to set Beanes, Pease, Parsnipts, Redish, Leekes, Garlicke, Turneps, and Onions, if the weather be mild, and the moone past her full. You may begin to graft at the end of this moneth, so as the moone be increasing in her light.

Good Husbands also this moneth, crop their trées, fell Tymber, and geld Cattell, such as must be gelded, the state of the Moone alwaies considered.

Of Februarie.

Day	The Sun riseth.	The Sun setteth.
1	hou. 7 and 13. min.	hou. 4. & 47 min.
7	hou. 7 and 4. min.	hou. 4. & 56 min.
14	hou. 6. and 50. min.	hou. 5 & 10. min.
21	hou. 6. and 34. min.	hou. 5 & 26. min.
28	hou. 6. and 22. min.	hou. 5 & 38. min.

Full Moone the fift day 12 min: after 6 of the cloke in the morning apt for the season.

Last quarter the 12 day 33 min: after 2 of the clocke in the morning, windy and vncertaine.

New Moone the 19 day 17 min: after 6 of the clocke in the morning, inclined to moysture.

First quarter the 27 day 16 min: after 7 of the clocke in the morning, winterly weather.

Februaries Abstract.

In this moneth, all slimie fish, milke or Rice, and such

ſuch like that doe opilate and ſtop the liuer & vaines, or thicken the blood, are to be eſchewed: Alſo yet forbeare Phiſick & letting of blood, except neceſſitie doe vrge it, and learned counſell doe aduiſe you. Beware of taking cold, for now Agues are apt to be taken, and it is very ill to take heates & afterwards ſodaine cold vpon them.

In this moneth is the moſt apt time to graft, to plant and to ſet all kind of trees and bushes, the wind & weather, & the age of the moone conſidered: Peaſe, Beanes, Haſtings, Onions, Parſenips, & ſuch like, as in January, may very fitly be ſett in the wane of the Moone, the time is now to trym vp Gardens, to ſet and ſow all kinds of kitching hearbs, to ſet ſlips, and to ſow kernells, Muſterdſeede, & Dates, to ſet Hops, & Vines, and to cut and prune them, & to ſticke vp your Rouncivall peaſe and Haſtings.

Of March.

Day	The ſunne riſeth.	The ſunne ſetteth.
1	howre 6. and 20 min.	howre 5 and 40 minuts.
7	howre 6. and 8. min.	howre 5 and 52 minnts.
14	howre 5. and 54. min.	howre 5 and 6 minuts.
21	howre 5. and 40. min.	howre 6 and 30 minuts.
28	howre 5. and 26. min.	howre 6 and 34 minnts.

Full Moone the 6 day about 6 of the clocke at night anſwerable to the ſeaſon.

Laſt quarter the 13 day 46 min: after 5 of the clocke in the forenoone, reaſonable temperate.

New Moone the 20 day 55 min: after 9 of the clocke at night, ſome fall of moyſture.

Firſt quarter the 29 day 20 min: after one of the clocke in the morning, ſtormy and vnconſtant.

Marches Abſtract.

In this moneth the humors of mans body begin to increaſe, & now groſſe feeding breedeth groſſe blood and groſſe humors: and therefore vſe meates of good digeſtion and ſuch as breedeth good Ioyce: It is good

tyme

tyme to purge and clarifie the blood, by potions, Bathings and blood letting, or such otherwaies, as the learned Phisition shall appoynt, & as the cause of the disease shall require, Now also sweete meates and drinkes are commendable.

The time of grafting as yet indureth, together with setting, sowing, proyning, & plashing of Vines, hops, willowes, Dates, field-pease, Onions, Parsenips, and such like, &c.

Of Aprill,

Day	The Sun riseth.	The Sunne setteth
1	hou 5 and 18 min.	hou 6 and 42 min.
7	hou 5 and 6 min.	hou 6 and 54 min.
14	hou 5 and 54 min.	hou 7 and 6 min.
21	hou 4 and 39 min.	hou 7 and 21 min.
28	hou 4 and 29 min.	hou 7 and 31 min.

Full moone the 5 day 39 min: after 3 of the clocke in the morning, some storme to be expected.

Last quarter the 11 day 18 min: after 6 of the clocke at night, windy and vnconstant.

New Moone the 19 day about 2 of the clocke in the afternoone, seasonable and temperate.

First quarter the 27 day 23 min: after 4 of the cloack in the forenoone, inclined to moysture.

Aprils Abstract.

In this moneth of Aprill, ỹ Pores of mans body are opened, & are apt to receive phisicke: & they that refuse the same, I commit them to the benefit of nature, for of all times of ỹ yeare, this is the best time to prevent causes of sicknesses, or for speedy remedies in extremities: For now nature doth renew strength through all the body.

So

So where sickneſſe happeneth, ſhee ſoone vnburdeneth by the meanes of Phiſick: wherefore what it cannot doe now, hereafter it will hardly be done, therefore take time while time is, &c.

As yet you may graft and prooine Vines, & alſo ſtt Melons, Cowcumbers, Citrons, Hartichokes, and pole vp Hops, ſow Barly, Tanners apply themſelues to barking of trees, &c.

Of May.

Day.	The Sun riſeth.	The Sun ſetteth.
1	hou: 4 and 23 min:	houres 7 and 37 min.
7	hou: 4 and 15 min:	houres 7 and 45 min.
14	hou: 4 and 5 min:	houres 7 and 55 min.
21	hou: 3 and 56 min:	houres 8 and 4 min.
28	hou: 3 and 50 min:	houres 8 and 10 min.

Full Moone the 4 day 40: min after 11. of the clocke in the forenoone, ouercaſting clouds for raine.

Laſt quarter the 11 day, 51 min: after 4 of the clocke in the morning, ſome fall of moyſture.

New Moone the 19 day 52 min: after 5 of the clocke in the morning, ſwauering and vnconſtant.

Firſt quarter the 27 day about 4 of the clocke in the morning, fitting the ſeaſon.

Mayes Abſtract.

In this moneth riſe earely, for May doth not loue any ſluggards. And let ſuch as bee in health and able, walke into the fields, and to eate and drinke a little betimes is good and holeſome: abſtaine all meates that be of a hot nature, and for ſuch as be ſicke, it is a very good tyme to let blood or to take Phiſicke. Such as be whole God keepe them in helth, and ſuch as be ſicke, God ſend them good Phiſitians and Phiſicke.

The time is fitting to sow Barly, Marierom, and such like seedes, as before might not be sowne because of the weather for coldnesse. Set Sage according to Prouerbe, Set Sage in May, and it will last alwaies. Sow flaxe and Hempe, set Hartichokes, weede your Hops and Gardens, see to your Grafts, that no superfluous branches trouble them: May dew, Rosemary flowers, and Beane flowers, may at your pleasure be distilled this moneth, & now also haue a care of watching your Bees.

Of Iune.

Day	The sunne riseth.	The sunne setteth.
1	howre 3. and 49 min.	howre 8 and 11 minuts.
7	howre 3. and 46. min.	howre 8 and 14 minuts.
14	howre 3. and 47. min.	howre 8 and 13 minuts.
21	howre 3. and 49. min.	howre 8 and 11 minuts.
28	howre 3. and 52. min.	howre 8 and 8 minuts.

Full Mone the 2 day about 7 of the clocke at night seasonable and temperate.

Last quarter the 9 day 39 min: after 5 of the clocke in the afternoone, some ouercasting clouds.

New Mone the 17 day about 9 of the clocke at night, wet and vnconstant.

First quarter the 25 day 39 min: after high-noone, fayre and pleasant.

Iunes Abstract.

In this moneth of June, if thou must needes vse Phisicke, take it earely in the morning, & it may haue wrought before the heate of the day, and vse a light and thinne diet, for the stomacke is not so able to digest as in winter, or some other of the former months. It is very good and conuenient, for some to drinke clarified whay

whay boyled with cold hearbs, and to abſtaine from vi-olent exerciſes.

Diſtilling of Roſes, making of ſirrops & conſerues are now in prime. Now gather ſuch hearbs as you meane to keepe all the yeare, but be ſure you dry them well in the ſhade: Good husbands and huſwiues are now weeding of the corne and Gardens, and others ſhearing their ſheepe. The time ſerues to ſet Roſe-mary and Gilloflowers. Take heede now of cutting of either hedge, tree, or hearbs, with knife, but rather gather them with your fingers: Now may you ſet Saffron, carry out compoſt, make Hay, tid Gardens of Ants, Snayles, & Piſmires, &c.

Of Iuly.

Day	The Sun riſeth.	The Sun ſetteth.
1	hou. 3 and 54. min.	hou. 8. and 6 min.
7	hou. 3 and 59. min.	hou. 8. and 1 min.
14	hou. 4. and 7. min.	hou. 7 & 53. min.
21	hou. 4. and 20. min.	hou. 7 & 40. min.
28	hou. 4. and 30. min.	hou. 7 & 30. min.

Full moone the 2 day 38 min: after 2 of the clocke in the morning, windie and vnconſtant.

Laſt quarter the 9 day 37 min: after 8 of the clocke in the morning, ſomewhat diſtemperate.

New moone the 17 day 57 min: after 10 of the clocke in the forenoone, ſultry heats.

Firſt quarter the 24 day 21 min. after 6 of the clocke at night, inclined to moyſture.

Full moone the 31 day 16 min: after 11 of the clocke in the forenoone, apt for the time.

Iulies Abſtract.

In this moneth of July, vſe cold hearbs, and cold meates, ſuſtaine no great thirſt, for feare of breeding

Agues, Pestilence, abstaine from Phisicke and extreame exercises. And now the Riuers are more wholesome then the Bathes. Let the Sunne be vp before you walke abroad, and take heede of filthie gutters & stinking Lands. In the time of any Pague or Pestilence, keepe your Chamber windowes shut, aswell at nights, as also in close foggie & moyst dayes, opening them when the Sunne hath force of shining, and bee sure to perfume your Chambers euery euening with Mastick and Frankinsence, or with Tarre put vpon a Chasing-dish of coales, then which nothing is better, and let them vse Cardus Benedictus boyled & drunke fasting.

Hay harueſt now calleth slacke husbands to worke and such as haue leasure, it is good to fallow for Wheat, and to carry out soyle, and to gather seeds and flowers to keepe all the yeare, and to dry them in the shade, till they be almost dry, & then set them in the sun that they mould not: & in like manner may you vse your hearbs.

Of Auguſt.

Day	The sun riseth.	The sun setteth.
1	hou. 4. and 36. min.	hou. 7 and 24 min
7	hou. 4. and 48. min.	hou. 7 and 12 min.
14	hou. 5. and 0 min.	hou. 7 and 0 min.
21	hou. 5 and 16 min.	hou. 6 and 44 min
28	hou. 5 and 27 min.	hou. 6 and 33 min

Laſt quarter the 8 day 33 min: after one of the clock in the morning, seasonable and temperate.

New Moone the 15 day 33 min: after a 11 of ½ clock at night, faire and pleasant weather.

First quarter the 22 day about 11 of the clocke at night, apt for the time.

Full Moone the 29 day 5 min: after 10 of the clocke at night, inclind to moysture.

Auguſts

Auguſts Abſtract.

In Auguſt moderate dyet is good Phiſicke, for now it is very dangerous to ſurfit: And take good heede of heates, and then colds, for nothing ſooner ingendreth Pleuriſies. And vſe not to ſleepe much, and eſpecially after noone, for making opilations, and for auoyding of Agues, and head-ach, and Catharres, and let a man abſtaine from Phyſicke this moneth, except great neceſſitie compell him.

Now Lady Ceres lookes to haue men enough to attend vpon her, and he that will not now beſtir him to gather in Wheate, is well worthy to eate browne bread at Chriſtmas. They that would haue good ſeedes for their Garden the next yeare, muſt now gather of their owne, leaſt in buying, they loſe both their mony, fruit, & labour. And ſuch as deſire to haue Lettice, or other hearbs for winter, may commit ſeedes to the earth, now in the increaſe of the Moone.

Of September.

Day	The ſun riſeth.	The ſun ſetteth.
1	hou. 5 and 34 min.	hou. 6 and 26 min.
7	hou. 5 and 46 min.	hou. 6 and 14 min.
14	hou. 6 and 2 min.	hou. 5 and 58 min.
21	hou. 6 and 16 min.	hou. 5 and 46 min.
28	hou. 6 and 28 min.	hou. 5 and 32 min.

Laſt quarter the 6 day 41 min: after 7 of the clocke at night, fiting the ſeaſon.

New Moone the 14 day 9 min: after 11 of the clocke in the forenoone, ſome fall of mayſture.

Firſt quarter the 21 day 43 min: after 4 of the clocke in the morning, cloudy weather.

Full Moone the 28 day 28 min: after a 11 of the clock in the forenoone, temperate.

Septembers Abstract.

In this moneth of September, such as haue néede may safely take Physicke, as also may bath and bleéde. In this moneth, all things are in their proper vertue. And such fruit as are ripe and not infected, are good to eate, for such as haue good stomackes. The time is good to make Conserues of Barberies, & Quinces, Winter hearbs must be now sowne, likewise is the time good to set Hartichokes, Roase-trées, Apples, peares, wardens, Strawberies, Violets, Gillowflowers, Appells are to be gathered at the fullmoone, sow parneps, and in dry weather gather your Hops. Good husbands is sowing Rie and Wheate, and good huswinery is making of Verjuyce, & plucking of Hempe.

Of October.

Day	The Sun riseth.	The Sunne setteth.
1	howre 6 and 34 min.	howre 5 and 26 minuts.
7	howre 6 and 46 min.	howre 5 and 14 minuts.
14	howre 7 and 0 min.	howre 4 and 0 minuts.
21	howre 7 & 15 minu.	howre 4 and 45 minuts.
28	howre 7 and 26 min.	howre 4 and 34 minuts.

Last quarter the 6 day 18 min: after 2 of the clocke in the afternoone, ouercasting cloudes for raine.

New Moone the 13 day 45 min: after 9 of the clocke at night, windy and vnconstant.

First quarter the 20 day 21 min: after high noone answerable the season.

Full moone the 28 day 49 min: after 3 of the clocke in the morning, windy and cloudy.

Octobers Abstract.

In this moneth of October thou maiest take Physicke, and also bleéd, and bath if occasion serue, vse hot meates and drinkes, any good wholesome wines to nourish

nouriſh good blood: and beware of taking of cold, becauſe Quartaine Ague will be apt to be taken, & ſuch other dangerous diſeaſes.

Remoue young trées as Apples, Peares, Quinces Roſes, &c. Set Peaſe Parſnips, &c.

Good husbands néede not be haſted to ſow Wheate, ſet Nuts, Acornes, and Filberds, and to doing of ſuch good husbandry.

Of Nouember.

Day	The ſunne riſeth.	The ſunne ſetteth.
1	hou.7 and 33 min:	houres.4 and 27 minuts.
7	hou:7 and 4 min.	houres 4 and 18 minuts.
14	hou 7 and 52 min.	houres.4 and 8 minuts.
21	hou:8 and 3 min:	houres.3 and 57 minuts.
28	hou:8 and 9 min.	houres.3 and 51 minuts.

Laſt quarter the 5 day 14 min: after 8 of the clocke in the morning, windy and ſtormy.

New Moone the 12 day 56 min: after 7 of the clocke in the morning, vnconſtant.

Firſt quarter the 18 day 31 min: after a 11 of the clocke at night, fitting the ſeaſon,

Full Moone the 26 day 23 min: after 10 of the clock at night, ſeaſonable and temperate.

Nouembers Abſtract.

In Nouember finiſh the Phiſicke that ye meane to take, & ſo reſt till March, except ſome great neceſſitie doe compell thée, vſe good meates, and wholeſome wine to nouriſh thy blood: prouide thée warme cloathing, and goe dry of thy féete, or elſe make ſure account of rheume and poſe, beſides ſome other inconueniences that will enſue. Beware of the hot-houſe this moneth, and vſe Betony and Cinamon in drinke.

In the new Moone, you may remoue young Trées as in the laſt moneth, and ſet crabtrée ſtockes to graft vpon, when you pleaſe. It is a good time in the wane of

Moone

Moone, to set Peale, Beanes, and if the weather bee not too hard, it is good sowing of Parsenips, good making of Mault, and killing Beeues and Swine.

Of December.

Day	The sun riseth	The sunne setteth.
1	houres. 8 and 12 min.	houres. 3 and 48 minutes.
7	houres. 8 and 14 min.	houres. 3 and 46 minutes.
14	houres. 8 and 15 min.	houres. 3 and 45 minuts.
21	houres. 8 and 12 min.	houres. 3 and 48 minuts.
28	houres. 8 and 7 min.	houres. 3 and 53. minuts.

Last quarter the 5 day 29 min: before one of ỹ clocke in the morning, cold and cloudy.

New Moone the 11 day 6 min: after 6 of the clocke at night, winterlie weather.

First quarter the 18 day 11 min: after 2 of the clocke in the afternoone, ouercasting clouds for moysture.

Full Moone the 26 day 47 min: after 5 of the clocke at night, inclined to moysture.

Decembers Abstract.

In this moneth of December, keepe thy body and head from cold, and eate such meates as be of a hot quality, abstaine from Phisicke, and let thy Kitchen be thy Apothecary, warme cloathing thy nurse, merry company thy keepers, and good hospitality thy exercise.

Remoue trées and bushes as afore said in Nouember if the weather proue not extreame, in the want of the moone, set Beanes, Peale, and those hearbs that cannot endure the cold, couer them with straw or other prouision, from the frost & snow. Finally, thus ending the old yeare, let vs repent vs and forsake our old sins and leade new lines, all the dayes of this miserable and transitorie life, that in the ende, wee may be translated into euerlasting Joy and happinesse, through Jesus Christ our Sauiour, who be praysed for euer and euer. Amen.

FINIS.